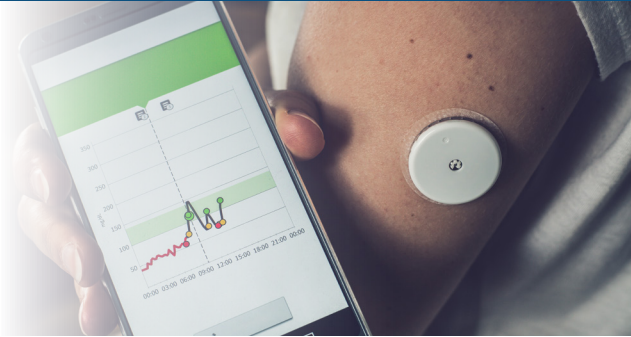


Flash Glucose Monitoring

Regular blood sugar testing is essential for better diabetes management, especially if you take insulin. Regular testing may be a challenge, as busy schedules (especially during the holidays) could make you forget to check your sugar, or you might not like having to prick yourself multiple times a day!

If you are struggling with regular blood sugar testing, Flash Glucose Monitoring (FGM) may be an option for you.



WHAT IS FLASH GLUCOSE MONITORING (FGM)?

FGM is a method of glucose testing that measures, displays, and continuously stores glucose readings that are recorded automatically. This is done without the need for a finger prick to collect a blood sample.

HOW DOES FGM HELP BLOOD SUGAR CONTROL?

- **Prevent hypoglycemia** (low blood sugar) by alerting you when your blood sugar is going down.
- **Provides early indication of hyperglycemia** (high blood sugar) over the course of the day and prompt adjustments to medications, activity, and food intake to help achieve blood sugar targets.
- **Eliminates painful finger pricking** and can provide an 8-hour history of glucose levels making it easier to remain in your recommended blood sugar range.

HOW DOES THE FGM SYSTEM WORK?

- 1 Apply**
A sensor is applied to the back of the arm using an applicator. The sensor stays in place for 14 days eliminating the need for a finger prick.
- 2 Scan**
This can be done using the reader supplied or your smartphone.
- 3 Get results**
View your first glucose reading in just one hour.

WHAT ELSE SHOULD I KNOW ABOUT FGM?



FGM system may give inaccurate results if the user is dehydrated



Sensor is waterproof (i.e. can be worn while bathing, swimming or exercising)



Use a traditional finger prick test to confirm hypoglycemia or if your symptoms are not matching the FGM reading

LEARN MORE about the FGM system

References:

Diabetes Canada – Flash Glucose Monitoring https://www.diabetes.ca/DiabetesCanadaWebsite/media/Managing-My-Diabetes/Tools%20and%20Resources/Flash_Glucose_Monitoring.pdf (accessed Nov 17, 2020)

Freestyle – Helpful Resources for You and Your Patient <https://www.freestyle.abbott/ca/en/products/libre/hcp-resources.html> (accessed Nov 17, 2020)